



AIR FRYER COCONUT CHICKEN

Description

With only 5 minutes of prep time and 10 minutes of cooking time, these homemade chicken strips are so good I usually make a double batch! How could you possibly go wrong with the recipe that is ready fast and tastes amazing?

The Panko mixed with coconut flakes gets so crispy on the outside while keeping the chicken tender and juicy. My kids are obsessed.

About Time

- **Prep Time** 5 Mins
- **Cook Time** 10 Mins
- **Total Time** 15 Mins

Ingredients

- 1 pound chicken tenders (about 5 pre-cut pieces)
- 1 Tablespoon vegetable oil. I use Avocado oil.
- 1 Large Egg
- 1/4 cup Buttermilk (or Half and Half)
- 1/2 teaspoon salt and pepper, or to taste
- 1/2 teaspoon seasoning of choice. I used Grill Mates Roasted garlic and herb seasoning.
- 1 cup sweetened coconut flakes.
- 1/2 cup Panko breadcrumbs. Or regular breadcrumbs.
- Spray oil
- Homemade chipotle sauce for dipping (optional).

Instructions

1. In a medium bowl whisk together egg and buttermilk.
2. In a medium shallow dish combine the coconut flakes and panko
3. In a medium bowl add chicken strips, oil, salt and pepper to taste and seasoning. Coat well to combine
4. Dip the chicken strips in the egg mixture to coat, then place the chicken into the coconut flakes/panko mixture, coating completely. Pour coconut mixture with your fingers if needed
5. Preheat air fryer to 360F/180C on air fry setting
6. Carefully transfer the chicken strips onto air fryer tray/basket. Give them some space. Do not overlap. Work in batches if needed.
7. Air fry mode at 360F/180C for 10-12 minutes, flipping the chicken on the other side half-way through. Or until internal chicken temp reaches 165F, coconut flakes a golden brown
8. Serve with your favourite dipping sauce. Delicious

Here are some helpful tips for making delicious and crispy coconut chicken in your air fryer:

Preparation:

1. **Choose Unsweetened Coconut:** Ensure you're using unsweetened shredded coconut to prevent burning and maintain a savory flavor profile.
2. **Cut Chicken Evenly:** Cut your chicken into pieces of similar thickness for uniform cooking and crispiness.
3. **Double Dip (Optional):** For an extra thick and crunchy coating, consider double-dipping the chicken in the egg and coconut mixture.
4. **Don't Skip the Oil:** While air frying utilizes minimal oil, a light spray or brush of high smoke point oil like avocado oil helps achieve optimal browning and a touch of crispness.

Cooking:

5. **Preheat for Even Cooking:** Preheating your air fryer for a few minutes before adding the chicken ensures a hot environment for consistent searing and crispy results.
6. **Avoid Overcrowding:** Leave space between the chicken pieces in the basket for proper air circulation and even cooking throughout.
7. **Shake or Flip:** To promote even browning and crispness, gently shake the basket halfway through cooking or flip the chicken pieces individually.
8. **Cook Time is Key:** Cooking time can vary depending on the size and thickness of the chicken pieces. Start with a shorter cooking time and check for doneness with a meat thermometer (internal temperature of 165°F for safe consumption).

Category

1. Air Fryer Recipes

Date Created

24/04/2024

Author

rauf